

# Self Testing Instructions

(You may screen your own feet or ask a relative, friend, or neighbor to do it for you).



Step 1



Step 2

1. Hold the red filament by the paper handle, as shown in Step 1.
2. Use a smooth motion to touch the filament to the skin on your foot. Touch the filament along the side of and NOT directly on an ulcer, callous, or scar. Touch the filament to your skin for 1-2 seconds. Push hard enough to make the filament bend as shown in Step 2.
3. Touch the filament to both of your feet in the sites circled on the drawing below.
4. Place a (+) in the circle if you can feel the filament at that site and a (-) if you cannot feel the filament at that site.
5. The filament is reusable. After use, wipe with alcohol swab.

## Diabetic Foot Screen Test Sites

If you have a (-) in any circle, take this form to your health care provider as soon as possible.



Date \_\_\_\_\_

Date \_\_\_\_\_

Place  
Filament  
Here